I need significant help in LaSalle County before I am to be taking pills here of any kind because of how I react to pills outside of here. They have never served any decent purpose in my life and have only aided in me having anxiety, depression, tiredness, lethargy, and co-dependency on a substance which is against my religious beliefs and which would cause withdrawal symptoms after when I stop taking them which can lead to further mental problems overall. I might have aversions to food here only because I was poisoned in the LaSalle County Jail. I sincerely was. There are acid scars on my tongue that have not gone away since I aquired them at the LCJ. I might like to have pictures taken of them here and have that kind of service here because that was kind of traumatizing to me. I can't take the pills here they prescribed the other day because I'm [illegible] of what they said they'd do to the pills at the LCJ when before I [illegible] when I get back before I go to trial. I sincerely do not want to die though. I want to remain alive to watch my daughter graduate college, get married and get out on her own. She is too young at this time to be without a mom and they have made sure here that I would have a hard time staying alive by the use of prescription medication here at the Alton I MHC.

Assured,